



East Cobb
COUNSELING
at the Anada Group

Mental Health Support For The Whole Family



- Performance pressure
- Perfectionism
- School and social stress
- Autism & spectrum support
- Anxiety and ADHD
- Body image and body dysmorphia
- Confidence, motivation, and burnout
- Behavior & communication modification

Meet Our Youth & Teens Team!

We understand the unique and complex world you live in – balancing wins, losses, expectations, school, work, obligations and social media. We help kids and teens build mental skills and emotional resilience that support performance, connection and overall well-being.



Discover More!



Laura Lim Sang, MSW



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Live well. Stay awesome.



Annika Zenn
Behavioral Specialist